

**Channahon Park District
Free Fitness Classes
January 10 to January 16, 2010**

Adult fitness and spinning classes are offered to you free of charge to encourage you to try a new fitness activity this winter. Feel free to just drop in to any of the adult fitness classes. Participants will receive one Fitness Buck at each class they attend to be used toward a future registration.

To guarantee a spot in the Spinning classes please call Heritage Crossing Field House at 815-467-8015 to reserve a bike 24 hours in advance. Participants may attend a maximum of 2 classes throughout the week. If you cannot attend please call and cancel. No shows will be removed from any other class they are signed up for.

Sunday, January 10

Spinning	7:30-8:15AM	Annmarie	FH
Sunday Morning Wake Up	8:30-9:30AM	Annmarie	FH

Monday, January 11

Pure Pilates	5:45-6:30AM	Sherri	FH
Anything Goes	8:45-9:30AM	Lisa	ACC
Gentle Yoga	9:30-10:30AM	Teryl	ACC
Spinning	12:30 – 1:00PM	Annmarie	FH
Pure Pilates	4:15-5:00PM	Sherri	ACC
Dance Off	6:15-7:00PM	Lisa/Brenda	ACC
Men's Spinning	7:30-8:15PM	Lisa	FH

Tuesday, January 12

Spinning Long Ride	9:15-10:30AM	Scott	FH
New HABI	9:45-10:30AM	Brenda	ACC
Express Cardio Core	4:30-5:15PM	Annmarie	ACC
20/20/20 Yoga	5:15-6:15PM	Annmarie	ACC
Yoga	7:00-8:00PM	Teryl	ACC

Wednesday, January 13

Steppin Up	5:45-6:30AM	Kim	FH
BBA	9:30-10:30AM	Lisa	ACC
Pure Pilates	4:15-5:00PM	Sherri	ACC
Butts and Guts	5:15-6:15PM	Sherri	ACC
Spinning	5:30-6:15PM	Brenda	FH
Million Dollar Punch	6:30-7:15PM	Lisa	ACC
Spinning	6:30-7:15PM	Brenda	FH

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Thursday, January 14

Sunrise Yoga	5:45-6:30AM	Kim	FH
SOS	8:30-10:00AM	Brenda	ACC
Spinning	4:30-5:15PM	Sherri	FH
20/20/20 Pilates	5:15-6:15PM	Annmarie	ACC
Yoga	7:00-8:00PM	Teryl	ACC

Friday, January 15

Spinning	5:45-6:30AM	Lisa	FH
Anything Goes	8:45-9:30AM	Lisa	ACC
Spinning	9:15-10AM	Annmarie	FH
In and Out	9:30-10:00AM	Lisa	ACC

Saturday, January 16

Spinning	7:30-8:15AM	Christi	FH
Vinyasa Yoga	8:30-9:30AM	Chritsi	ACC